

'SHOULD'S'

Here is a list of some of the most common and unreasonable shoulds. If you hold these beliefs, you will often feel bad because you cannot meet these inflexible, impossible standards!

1. I should be the model of generosity, consideration, dignity, courage and unselfishness.
2. I should be the perfect friend, partner, student.
3. I should always protect my friends so that they never feel hurt.
4. I should be able to endure any hardships without distress or complaint.
5. I should never let anyone see weakness in me.
6. I should be able to find a quick solution to every problem.
7. I should never feel hurt; I should always be happy and serene.
8. I should always be spontaneous and at the same time I should always control my feelings.
9. I should never feel certain emotions, such as anger or jealousy.
10. I should never make mistakes.
11. My emotions should be constant – once I feel love I should always feel love.
12. I should be totally self-reliant.
13. I should assert myself and at the same time I should never hurt or disappoint anybody else.
14. I should never be tired or get sick.